






Su		Mon	Tue		Wed	Thu		Fri	Sat	
1	2	Melva's Breakfast Buffet 10:00 Crochet with Jean 10:00 Tai Chi with Thelma 10:30 NIA exercise with Sadie 11:00 Computer Cards with Maryann 12:30 Ceramics with Aleen and Marlene 12:30 Yoga with Nancy  Join us for Birthday Monday!	3	9:00 Personal Counseling with Audrey 9:30 Intro to Computers with Maryann 10:00 Bridge 10:00 Neck and Shoulder Massages 10:30 Yoga with Nancy 12:30 Oil Painting with Marlene 12:30 Out to the Movies	4	10:00 Line Dancing with Judy 9:15 Draper Temple Tour 11:00 Computer Genealogy 11:00 Easy Exercise with Melody 12:30 Bingo with Alta Ridge 12:30 Ceramics with Aleen and Marlene	5	COMPUTER LAB CLOSED AARP Tax Aid 9:00 Woodcarving with Glen 9:30 Hand Massage with JoAnn \$2.00 9:30 Guitar Jam with Lloyd 10:00 In Citizen's Garb: Plains Native Americans, 1889—1891 10:30 Yoga with Nancy	6	Melva's Biscuit's & Gravy Breakfast 9:30 Watercolor with Gayle 10:00 Tai Chi with Thelma 10:00 Health Clinic with Eclipse Home Health 11:00 Easy Exercise with Melody 7:00—10:00 Dance with The Riverton Jazz Band
8	9	10:00 Crochet with Jean 10:00 Tai Chi with Thelma 10:30 NIA exercise with Sadie 11:00 Computer Cards with Maryann 12:30 Ceramics with Aleen and Marlene 12:30 Yoga with Nancy	10	9:00 Personal Counseling with Audrey 9:30 Intro to Computers with Maryann 10:00 Bridge  10:00 Free Ear Wax Cleaning 10:30 Yoga with Nancy 12:00 SJPD K-9 Demonstration 12:30 Oil Painting with Marlene	11	10:00 Line Dancing with Judy 11:00 Easy Exercise with Melody 11:00 Computer Genealogy 12:30 Bingo 12:30 Ceramics with Aleen and Marlene  Come play pool anytime!	12	COMPUTER LAB CLOSED AARP Tax Aid 9:00 Woodcarving with Glen 9:30 Guitar Jam with Lloyd 10:30 Yoga with Nancy 12:30 Spanish Club 	13	Melva's Biscuits & Gravy Breakfast 9:30 Watercolor with Gayle 10:00 Tai Chi with Thelma 11:00 Easy Exercise with Melody 11:30 Gout Presentation
15	16	10:00 Crochet with Jean 10:00 Tai Chi with Thelma 10:30 NIA exercise with Sadie 11:00 Computer Cards with Maryann 12:30 Ceramics with Aleen and Marlene 12:30 Yoga with Nancy	17	9:00 Personal Counseling with Audrey 9:30 State Capitol Tour 9:30 Intro to Computers with Maryann 10:00 Bridge 10:00 Bone Density Screenings and Spinal Screenings  10:30 Yoga with Nancy 12:30 Oil Painting with Marlene	18	8:00 Wendover 10:00 Line Dancing with Judy 11:00 Easy Exercise with Melody 11:00 Computer Genealogy 12:30 Bingo 12:30 Ceramics with Aleen and Marlene 12:30 Card Making with Stephanie	19	COMPUTER LAB CLOSED AARP Tax Aid 9:00 Woodcarving with Glen 9:30 Guitar Jam with Lloyd 10:30 Yoga with Nancy 12:30 Spanish Club	20	Melva's Biscuits & Gravy Breakfast 9:30 Watercolor with Gayle 10:00 Health Clinic with Eclipse Home Health 10:00 Tai Chi with Thelma 11:00 Easy Exercise with Melody
22	23	10:00 Crochet with Jean 10:00 Tai Chi with Thelma 10:30 NIA exercise with Sadie 11:00 Computer Cards with Maryann 12:30 Ceramics with Aleen and Marlene 12:30 Yoga with Nancy	24	9:00 Personal Counseling with Audrey 9:30 Intro to Computers with Maryann 9:40 AARP Driver Safety Program \$12 10:00 Bridge 10:30 Yoga with Nancy 12:30 Oil Painting with Marlene	25	10:00 Line Dancing with Judy 11:00 Easy Exercise with Melody 11:00 Computer Genealogy 12:30 Bingo with Utah Hospice Specialists 12:30 Ceramics with Aleen and Marlene	26	COMPUTER LAB CLOSED AARP Tax Aid 9:00 Woodcarving with Glen 9:30 Guitar Jam with Lloyd 10:30 Yoga with Nancy 12:30 Spanish Club	27	Melva's Biscuits & Gravy Breakfast 9:30 Watercolor with Gayle 10:00 Tai Chi with Thelma 9:45 Utah Cultural Celebration Center Shakespeare's "Twelfth Night" 11:00 Easy Exercise with Melody
29	30	10:00 Crochet with Jean 10:00 Tai Chi with Thelma 10:30 NIA exercise with Sadie 11:00 Computer Cards with Maryann 12:30 Ceramics with Aleen and Marlene 12:30 Yoga with Nancy	31	9:00 Personal Counseling with Audrey 9:30 Intro to Computers with Maryann 10:30 Yoga with Nancy 11:00 Snowbird Tram Ride 12:30 Oil Painting with Marlene	Next 55+ Dance April 3, 2009 7:00.—10:00 p.m. Featuring the music of Tony Summerhays \$4.00 per person		South Jordan Community Center Phone Number 302-1222		Meals Monday—Friday Breakfast \$1.50 Lunch \$2.50 Over 60 Years	



**What kind of programs do you want offered?**

Do you have a program that you think would benefit the South Jordan Seniors? Please let Wendy Thomas know! She can be found at the center Monday through Friday from 8:00 until 5:00 or via phone 302-1222 or e-mail [wthomas@sjc.utah.gov](mailto:wthomas@sjc.utah.gov).

**Melva's Breakfast Buffet**



8:30—10:00 a.m.  
\$2.00 for 60+  
March 2  
April 6  
May 4

Come enjoy a fantastic breakfast and bring your favorite dish to share!  
Cooked to order breakfast available  
Monday—Friday  
8:30—10:00 a.m.

Tai Chi with Thelma  
Monday & Friday  
10:00—11:00 a.m.  
Increase flexibility, balance & strength with beginning Tai Chi  
Class donations accepted



**South Jordan Community Center  
Beauty Shop**  
Open Monday—Friday  
Salon services for those 60 & Better



Haircuts	\$9.00
Shampoo Sets	\$9.00
Permanent Wave	\$22.00
Color	\$22.00
Pedicures	\$9.00
Manicures	\$9.00
Long hair	add\$10.00



**Line Dancing**  
Wednesdays 10:00 a.m.  
Come learn new dances, get great exercise and have fun!  
\$1.00 Instructor Donation Requested.

**Spring Banquet**  
Thursday, April 2, 2009  
12:00 p.m.  
Entertainment by  
*The Old Time Fiddlers*  
Meal Includes  
Chicken Breast with Hollandaise  
Baked Potato  
Garden Vegetables  
French Green Beans  
Roll & Ice Cream  
**RSVP by March 26, 2009**



Beginning Watercolor Painting  
with Gayle

Friday 9:30—11:30 p.m.

Class donation of \$2.00 per class is requested. Some supplies provided.

**Eclipse Home Health  
Clinic**



March 6  
March 20  
10:00 a.m.  
Featuring:

Blood Pressure Checks  
Blood Glucose Checks  
Oxygen Levels & Heart Rate



**Ear Wax Cleaning**  
March 10 • 10:00 a.m.  
Thank you to  
South Jordan Family Medicine!



**South Jordan Senior Happenings**

March 2009  
Volume 2, Issue 3

There are no strangers, only friends that haven't met.

**March Special Events**

Monday, March 2—Melva's Breakfast Buffet  
Tuesday March 3—Neck and Shoulder Massages from South Jordan Chiropractic  
Tuesday, March 3—Out to the Movies  
Wednesday, March 4—Draper Temple Tour  
Wednesday, March, March 4—Bingo sponsored by Alta Ridge Assisted Living  
Thursday, March 5—Gale Center for Plains Native Americans Exhibit  
Friday, March 6—Health Clinic with Eclipse Home Health  
**Friday March 6—55+ Dance featuring The Riverton Jazz Band \$5.00**  
Tuesday, March 10—Ear Wax Cleaning with South Jordan Family Medicine  
Tuesday, March 10—South Jordan Police Dept. K-9 Demonstration  
Friday, March 13—Presentation on Gout  
Tuesday, March 17—State Capitol Tour  
Tuesday, March 17—Bone Density Screenings and Spinal Screenings  
Wednesday, March 18—Wendover \$12—\$15  
Friday, March 20—Health Clinic with Eclipse Home Health  
Tuesday, March 24—AARP Driver Safety Program \$12—\$14  
Wednesday, March 25—Bingo with Utah Hospice Specialists  
Friday, March 27—Shakespeare's Twelfth Night at Utah Cultural Celebration Center  
Tuesday, March 31—Snowbird Tram Ride



Find this newsletter and other South Jordan City updates online!  
<http://www.sjc.utah.gov/leisureservices/communitycenter.asp>

**Lunch**

Monday through Friday 12:00 p.m. · \$2.50 Donation for 60+ is requested  
Make Lunch reservation the morning prior to the day you want to eat

**Breakfast**

Begins at 8:30 a.m. · \$1.50 Donation is appreciated.  
No reservation is required.

**South Jordan Community Center**  
10778 S Redwood Road  
South Jordan, Utah 84095  
801-302-1222

**Senior  
Advisory  
Council**

Harold Rossberg  
Billie Lawrence  
Shirley Bell  
Dixon Greer  
Sharon Weeks  
Maryann Mutsch

**City Council Liaison**  
Aleta Taylor

**Day Directors**

Dixon Greer  
Mary Alice Weber  
Roland Arnold  
Billie Lawrence  
Steve Harwood

**South Jordan  
Community  
Center  
Staff**

**Senior Program Manager**  
Wendy Thomas  
**Program Assistant**  
Belinda Pinion  
**Transportation**  
Rex Firth  
**Kitchen Staff**  
**Breakfast**  
Melva Burbidge  
**Lunch**  
Joy Nichols  
**Building Attendant**  
Linda Rasmussen

Special thanks to: Sam's Club, United Healthcare/Secure Horizons, South Jordan Family Medicine, Alta Ridge Assisted Living, Utah Hospice Specialists, Legacy Assisted Living, Harmons at the District, Harmons on Redwood Road, Costco, Smiths Grocery, Dignity Home Health and Hospice, Olive Garden, Chipotle Mexican Grill and Pizza Hut for their generous donations to our center.